

## Osteoporosis

(See also: [Falls and Hip Fractures](#), [Hormone Replacement Therapy](#), and [Nutrition](#))

Osteoporosis is one of the most frequent chronic diseases affecting older adults, and while linked to loss of estrogen in women, occurs with surprising frequency among men. The pain and suffering associated with its progression and its relationship to falls and fractures can largely be prevented through lifestyle attention to nutrition and exercise. Sites selected for this information note reflect the increased attention of public health agencies on increasing public awareness of what they can do to reduce risk in their own lifetime.

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### Consumer Information

#### **Osteoporosis**

(National Women's Health Information Center)

<http://www.4woman.gov/faq/Easyread/osteopor-etr.htm>

#### **Osteoporosis: Progress and Promise**

(National Institute of Arthritis and  
Musculoskeletal and Skin Diseases)

<http://www.niams.nih.gov/hi/topics/osteoporosis/opbkgr.htm>

#### **Osteoporosis Fast Facts**

(National Osteoporosis Foundation)

<http://www.nof.org/osteoporosis/stats.htm>

#### **How Can I Prevent Osteoporosis?**

(National Osteoporosis Foundation)

<http://www.nof.org/prevention/index.htm>

### **How Can I Tell the Health of My Bones?**

(National Osteoporosis Foundation)

<http://www.nof.org/osteoporosis/bonehealth.htm>

### **Bone Mass Measurement**

(National Osteoporosis Foundation)

<http://www.nof.org/osteoporosis/bonemass.htm>

### **What is Osteoporosis?**

(Mayo Clinic Health Oasis)

<http://www.mayohealth.org/home?id=DS00128>

### **About Osteoporosis**

(Osteoporosis Online - Canada)

[http://www.osteoporosis.ca/english/about\\_osteoporosis/default.asp?s=1](http://www.osteoporosis.ca/english/about_osteoporosis/default.asp?s=1)

### **Osteoporosis Medications – Before the Bone Breaks**

(Net Wellness)

<http://www.netwellness.org/healthtopics/osteoporosis/osteoporosis.cfm>

### **Osteoporosis**

(Women's Health Network)

<http://www.womenshealthnetwork.org/clearinghouse/osteoporosis.htm>

### **Osteoporosis Risk Factors**

(Texas Women's University)

<http://www.twu.edu/hs/hs/decide/osteodk.htm>

### **Osteoporosis and Osteopenia**

(Foundation for Osteoporosis Research and Education)

[http://www.fore.org/patients/osteoporosis\\_and\\_osteopenia.html](http://www.fore.org/patients/osteoporosis_and_osteopenia.html)

### **Understanding Osteoporosis**

(American Medical Association)

<http://www.ama-assn.org/cmeselec/media/00.pdf>

## **Support and Information Organizations**

### **Osteoporosis and Related Bone Diseases National Resource Center**

(National Institutes of Health)

<http://www.osteoporosis.org/>

### **Medline Plus – Osteoporosis**

(National Library of Medicine)

<http://www.nlm.nih.gov/medlineplus/osteoporosis.html>

### **Osteoporosis Foundation of Canada**

<http://www.osteoporosis.ca/>

### **National Osteoporosis Foundation**

<http://www.nof.org/>

### **National Osteoporosis Society (UK)**

<http://www.nos.org.uk/>

### **Osteoporosis Education Project**

(Better Bones Better Body)

<http://www.betterbones.com/>

### **Osteoporosis and Bone Physiology**

(University of Washington)

<http://courses.washington.edu/bonephys/>

### **Learn About Osteoporosis.com**

<http://www.learn-about-osteoporosis.com/>

## **Statistics**

### **Osteoporosis Overview**

(National Resource Center – National Institutes on Aging)

<http://www.osteoporosis.org/osteoporosis.html>

### **Men and Osteoporosis**

(National Osteoporosis Foundation)

<http://www.nof.org/men/index.htm>

### **Osteoporosis in Men**

(GeoCities)

<http://www.geocities.com/HotSprings/8741/>

## **Clinical Articles**

### **Managing Osteoporosis – Detection and Clinical Issues**

(American Medical Association)

<http://www.ama-assn.org/cmeselec/part1/index.htm>

### **Osteoporosis Prevention, Diagnosis and Treatment**

National Institutes on Health Consensus Statement

March 27-29, 2000

[http://odp.od.nih.gov/consensus/cons/111/111\\_intro.htm](http://odp.od.nih.gov/consensus/cons/111/111_intro.htm)

### **Osteoporosis Screening**

(U.S. Agency for Health Research and Quality)

<http://www.ahrq.gov/clinic/3rduspstf/osteoporosis/>

## **Osteoporosis – The Office of Women’s Health Initiatives**

(Ohio Department of Health)

[http://www.odh.state.oh.us/ODHPrograms/OSTEO/ost\\_Jun99.pdf](http://www.odh.state.oh.us/ODHPrograms/OSTEO/ost_Jun99.pdf)

## **Irregular Periods in Young Women could be Warning Sign for Later Osteoporosis**

(National Institutes of Health)

<http://www.nih.gov/news/pr/may2002/nichd-29.htm>

## **Doctor’s Guide to Osteoporosis Information and Resources**

(Doctor’s Guide)

<http://www.pslgroup.com/OSTEOPOROSIS.HTM>

## **Managing Osteoporosis – Detection and Clinical Issues, Part I**

(American Medical Association)

<http://www.ama-assn.org/cmeselec/part1/index.htm>

## **Osteoporosis in Postmenopausal Women: Diagnosis and Monitoring Evidence Report/Technology Assessment**

(Administration for Healthcare Quality and Research)

<http://www.ahrq.gov/clinic/epcsums/osteosum.htm>

## **Osteoporosis Prevention, Diagnosis and Therapy**

(NIH Consensus Development Program)

[http://odp.od.nih.gov/consensus/cons/111/111\\_intro.htm](http://odp.od.nih.gov/consensus/cons/111/111_intro.htm)

## **Clinical Trials**

(National Institutes of Health)

<http://clinicaltrials.gov/ct/gui/action/FindCondition?ui=D010024&recruiting=true>

## **Research Organizations and Articles**

### **Foundation for Osteoporosis Research and Education**

<http://www.fore.org/>

### **Osteoporosis and Arthritis Research Group**

(University of California, Berkeley)

<http://www.oarg.ucsf.edu/>

### **Osteoporosis Initiative**

(National Institute on Arthritis and Musculoskeletal and Skin Diseases and National Heart, Lung, and Blood Institute)

<http://www.niams.nih.gov/ne/oi/index.htm>

### **Osteoporosis Research – Recent Findings**

(University of Pittsburgh Medical School)

<http://www.upmc.edu/healthmed/services/SeniorServices/osteoresearch.htm>

## **The Genetic Component of Osteoporosis**

(Cambridge Scientific Abstracts)

<http://www.csa.com/hottopics/osteo/overview.html>

**Ending Hormone Therapy Leads to Rapid Bone Loss in Elderly Women**

(The Endocrine Society)

[http://www.medem.com/medlb/article\\_detailb.cfm?article\\_ID=ZZZW7Z7LL9D&sub\\_cat=2](http://www.medem.com/medlb/article_detailb.cfm?article_ID=ZZZW7Z7LL9D&sub_cat=2)

**Leisure-time Physical Activity Levels and Changes in Relation to Risk of Hip Fracture in Men and Women**

(American Journal of Epidemiology)

<http://aje.oupjournals.org/cgi/content/abstract/154/1/60>

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